



Community Service Month

October, 2005

The Community Peer Education Team would like to encourage all chapters to observe Community Service Month. You will find suggested activity ideas listed below.

October 3-9-----"Elderly Week"

- * Visit Grandparents
- * Visit and do projects with nursing homes.
- * Decorate a nursing home hall or room.
- * Senior Entertainment Night
- * Help elderly write letters
- * Read to the elderly

October 10-16-----"Healthy Baby Week"

- * Donate baby blankets to hospitals, shelters, etc.
- * Gift cards sent to new mothers
- * Workshops on preventing FAS
- * Work with the March of Dimes (example—Blue Jeans for Babies)
- * Invite a guest speaker to FACS class to talk on preventing birth defects
- * Projects for AIDS Babies

October 17-23-----"Fitness Week"

- * Walks to raise money for the American Cancer Society (example—Relay for Life, Strive for Breast Awareness Walks)
- * Teacher competitions and prizes for those who walk the most in your school
- * Weight Lifting Class
- * Teach lessons on the New Food Pyramid
- * Invite a panel of Health experts to talk to a FACS class
- * Healthy eating and fitness tips posted in school hallways and on bulletin boards

October 24-30----"Drug & Alcohol Awareness Week"

- * Invite speakers to talk to FACS classes
- * Invite a speaker to talk on Meth Awareness
- * Brown bag discussion lunches on topics of drug & alcohol awareness
- * Toilet news on drug awareness facts
- * Pennies for Prevention
- * Red Ribbon Week